



Well Child Visit  
2 Years

General Pediatrics Department  
U.S. Naval Hospital, Okinawa

Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Length: \_\_\_\_\_

**Parent Tips**

1. Discipline

- Don't expect to reason with a 2-year-old. Don't argue or preach; your 2-year-old will tune out on you during long speeches. As they get older; more explanations will be needed.
- Discipline should be firm and consistent, but loving and understanding. Praise your child for good behavior and accomplishments.
- Provide alternatives: "You can not play with the telephone, but you can play with these blocks."
- Avoid power struggles, no one wins. The 2-year-old will have temper tantrums. Some children may have breath-holding spells. It is best to practice ignoring these behaviors. Remove the children from public arena if possible after the event return to normal interactions and do not reward the behavior.
- Avoid slapping, spanking or yelling. Remember, your child will imitate you: if you show loss of control, he/she will likely learn to do the same in response to frustration. Use time-outs for 1-2 minutes. Choose a time out location that is dull, but safe and non-frightening. Take a time-out for yourself if you feel you are starting to lose control.
- Do remember that toddlers have short memories and may repeat behavior several times before they learn.
- Praise and reward good behavior.

2. Toilet training

- Some signs that your child is ready: showing interest in the toilet, being able to stay dry during naps, being able to push pants down, expressing awareness of when diaper is wet or soiled.
- Maintain a relaxed unpressured attitude. Praise success. Don't punish for accidents. Remember that toilet training is a slow process and some children do not develop complete bladder and bowel control until 3-5 years old.
- Start letting your child sit in a potty chair fully clothed. Begin by bowel training first. Remind the child often during the day to go to the bathroom, after naps and upon awakening. Watch for a characteristic expression or posture that may indicate a bowel movement.

3. Playmates are important, so allow your child to play with peers. This can occur in preschool, a play group, or just having another 2-year-old over for a few hours.
4. Limit TV viewing in both time and content. Watch children's programs with your child when possible. Turn the TV off during meals.
5. Have your child do small chores like picking up toys.
6. Encourage your 2-year-old to make choices whenever possible, but the choices should be limited. Never ask a toddler an open question or "yes/no" question ("Do you want to take a bath?") unless you are willing to accept the answer.
7. Don't worry if your child becomes curious about body parts, especially genitals. This is normal at this age. Use correct terms for genitals.
8. Read to your child. Use picture books to enrich your child's vocabulary.
9. Remember to take time for yourself.

**Over the next few weeks, you can expect your child to:**

- Climb steps alone
- Jumps off the floor with both feet
- Opens doors
- Wash dry hands
- Ask frequent questions: "Why?" "What is that?"
- Enjoy imitating adult activities
- Have a vocabulary of 50 or more words, though this may vary with sex, presence of older siblings, or if more than one language is spoken in the house

**Feedings**

1. Toddlers are picky eaters. Offer a variety of nutritious foods, but don't force them or try to please them with empty calories like cookies and chips. Develop a "take it or leave it" attitude. They will not starve. Toddlers are not doing much growing at this age; he/she is expected to gain only 3-4 lbs. during this year.
2. Offer 3 meals/day consisting of foods from all food groups with nutritious snacks in between. Snacks should consist of no-sugar and unsalted foods as fresh fruits. Limit juice to <8 oz/day.
3. Your child should drink 16-24 oz/day of milk. Too much can diminish appetite and may cause anemia (low blood count). You may switch to 2% milk if approved by your provider.
4. To prevent choking, until 3-4 years of age, avoid nuts, grapes, raisins, popcorn, hard candy, hot dogs. Do not allow walking around, running or excitement during mealtime.

**Sleep**

1. Have your child taken an afternoon nap.
2. Have a consistent bedtime routine with a "wind down" time before bed. This is an excellent time to read a book.

3. Certain sleep problems are common during this time, including refusing to go to bed, getting out of bed and wandering around the house at night, and night terrors and nightmares.
4. “Staling techniques” are common at bedtime and naptime, such as “I have to go potty.” Be reasonable, but be firm when putting your toddler to bed.

### **Dental**

1. Your child may imitate the use of a toothbrush, so take advantage of this to teach brushing. But continue to brush them yourself twice a day because toddlers do not yet have the coordination to properly clean their teeth. Use a thin smear of fluoridated toothpaste
2. Continue fluoride supplements through 16 years old. It can be given in the form of liquid drops taken once a day.
3. To prevent cavities, avoid frequent snacking or sugary drinks.
4. Your child should not be using a pacifier.

### **Safety**

1. **Falls and injuries:** Use gates at stairs and at entrances to dangerous places. Use guards on windows. Keep chairs away from places that would allow your child to climb to dangerous heights.. A fenced yard is necessary for play outside. Keep sharp objects (knives, scissors, and tools) in a secure place. Remember, keep a constant close eye on your child.
2. **Car Accidents:** The center of the back seat is still the safest place. Set a good example and always wear your seat belt. Never leave your child alone in the car.
3. **Burns:** Teach your child the meaning of “hot.” Turn handles of pots/skillets away from the edge of the stove. Don’t leave appliance cords dangling. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly. Use guard in front of wall heaters, stoves or fireplaces.
4. **Sun:** Protect your child from damaging rays of the sun. Keep your child in the shade as much as possible. Keep covered with hats and use sunscreen. Use sunscreen (SPF 15 or greater) sparingly, avoiding hands.
5. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby’s health, if you smoke, consider quitting.
6. **Drowning:** Never leave your child alone near water: bathtub, toilet, buckets, and pools. If you have a pool, make sure there’s a fence around it. Keep the toilet lid down. Learn CPR.
7. **Poisoning and choking:** Avoid toys with sharp edges or removable small parts. Avoid small hard foods like peanuts, popcorn, carrot sticks, whole grapes, and hotdogs. Keep blow-up balloons, coins, plastic bags, small objects, household cleaners, and medicines locked and out of reach. Remember that your child will place everything into his/her mouth. Keep window blinds and curtain cords out of reach; these can strangle babies.
8. **Guns:** If you must have them, keep them unloaded and locked out of site. Keep ammunition in a separate location.

### **Immunizations:**

1. Typically, there are no routine immunizations at this visit.
2. Annual flu vaccinations may be recommended for susceptible children, especially those with asthma. Check with your provider.

### **Call your provider if your child**

- Does not look well, is extremely sleepy or inconsolable.
- Has a fever over 102°F without any explanation or associated cold symptoms.
- Vomits persistently or excessively.
- Falls, hits his/her head and passes out, vomits or behaves unusually.
- If you have any questions.

### **Important phone numbers**

1. USNH Pediatric Department 643-7304/7308. Hours: Mon,Tue,Wed,Fri 0730-1900. Thu 0730-1200. Closed Thursday Afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

### **Next Visit**

Bring your child in at 3 years of age for an exam. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.